

# Tara's Sweet and Chunky Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 ounce chicken broth chunk drained canned
- 0.1 cup dill pickles chopped
- 0.3 cup cranberries dried
- 2 tablespoons mayonnaise
- 0.1 cup onion chopped
- 2 tablespoons sunflower seeds

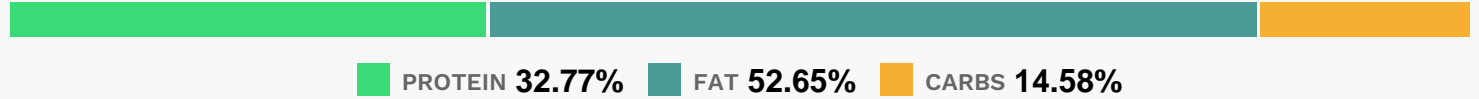
## Equipment

- bowl

# Directions

- Without breaking up large chicken pieces, empty canned chicken into medium bowl. Stir in mayonnaise, pickle, onion, sunflower seeds, and cranberries; mix until well blended and very large chicken chunks are broken up.

# Nutrition Facts



# Properties

Glycemic Index:24.25, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:7.4591304141542%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

# Nutrients (% of daily need)

Calories: 233.79kcal (11.69%), Fat: 13.66g (21.01%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.55g (2.74%), Sugar: 5.94g (6.6%), Cholesterol: 38.38mg (12.79%), Sodium: 423.2mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.25%), Selenium: 15.92µg (22.75%), Vitamin E: 2.38mg (15.87%), Phosphorus: 145.68mg (14.57%), Vitamin K: 14.39µg (13.7%), Zinc: 2.05mg (13.69%), Vitamin B12: 0.72µg (11.95%), Vitamin B3: 2.17mg (10.85%), Vitamin B6: 0.21mg (10.64%), Magnesium: 30.9mg (7.73%), Iron: 1.25mg (6.94%), Copper: 0.13mg (6.73%), Manganese: 0.13mg (6.33%), Vitamin B2: 0.1mg (5.65%), Vitamin B1: 0.08mg (5.34%), Potassium: 158.1mg (4.52%), Fiber: 0.96g (3.84%), Folate: 14.43µg (3.61%), Vitamin A: 140.77IU (2.82%), Calcium: 18.63mg (1.86%)